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metroNEWS

Your essential daily news | WEDNESDAY, JANUARY 13, 2016

High 4°C/Low -8°C Partly cloudy

Notley fires back at detractors

WAR OF WORDS

Former Dragon says premier's oilpatch policy is paralyzing

Premier Rachel Notley has a simple message for Kevin O'Leary: "Bring it on."

The Alberta premier fired back at O'Leary, formerly of CBC's Dragons' Den, who said he is so concerned about what Notley's NDP government is doing to Alberta's economy, he'll invest \$1 million in the oilpatch if she'll quit.

In an interview with a Toronto radio station earlier this week, O'Leary suggested that Notley is

in over her head when it comes to developing oil policy and that her government is paralyzing investment in the industry.

He prefaced his comments by saying he meant no disrespect.

Notley shot back at a news conference Tuesday.

"You know, the last time a group of wealthy businessmen tried to tell Alberta voters how to vote, I ended up becoming premier," she quipped.

"So, if now we've got a Toronto wealthy businessman who wants to tell Alberta voters how to vote, I say bring it on."

She was referring to five Alberta corporate leaders with ties to the Progressive Conservatives who held a news conference just before last May's provincial election.

The group, who included University of Alberta board of governors chairman Doug Goss and some CEOs of Alberta-based construction companies, urged voters to "think straight" and questioned why corporations should have to pay more tax.

The five, whom Notley nicknamed "The Monopoly Men," warned against voting for the NDP and complained that businesses always get the short end of the tax stick. The premier later cited that news conference as one of the moments she realized that the Tories had misread the electorate and she was going to win.

Notley and her party went on to topple the four-decade Tory dynasty on her way to forming a majority government.

THE CANADIAN PRESS

For more, see metroNEWS

'The last time a group of wealthy businessmen tried to tell Alberta voters how to vote, I ended up becoming premier'



Premier
Rachel Notley

'I'll invest \$1 million in Canadian energy companies if, out of grace and for the absolute good of Canada, the premier of Alberta resigns'

Kevin O'Leary



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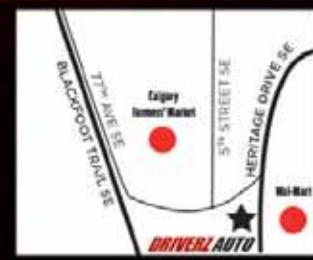
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Six months' rent upfront 'a little excessive': CRRA

HOUSING

Syrian refugees growing scared by lack of living options in city

Lucie Edwardson
Metro | Calgary

As Syrian refugees attempt to start a new life in Calgary, many are running into issues trying to rent homes or apartments, according to a representative from the Syrian Refugee Support Group.

Sam Nammoura, who volunteers with the group, said many refugees who have accessed the support group are being asked by landlords to pay six months' rent, plus a damage deposit in order to rent property.

"These refugees only have a certain amount of money and the landlord said he would not give him the apartment until he paid six months' rent and a damage deposit upfront," said Nammoura.

He said the refugee, who has only been in Calgary for a month, paid thousands of dol-

lars to his landlord and was forced to borrow money from a friend in the U.S. while he continues to look for work.

Nammoura said since he heard about this, at least three other families have reported experiencing similar problems when trying to rent, and some of them simply cannot afford to pay that much money upfront.

"He told me he was going to rent an apartment and then awhile later he called me and said he didn't get it because he couldn't afford to pay that much right away," said Nammoura.

Gerry Baxter, executive director of the Calgary Residential Rental Association (CRRA), said although it's not illegal for landlords to ask for six months' rent upfront, it's a rather steep price for almost anyone.

"I've heard some landlords in the past looking for maybe up to three months' rent," he said. "Six months' to me seems a little excessive, it would be very difficult for a lot of people to come up with that money."

Baxter said he believes landlords are hedging their bets by asking for six months' rent in advance because failure to pay

They don't know the system, they don't know their rights, they're scared to talk to media about the issues with landlords.

Sam Nammoura



While landlords are within their rights to ask for several months' rent upfront, refugee advocates say six months' rent is excessive for just about anyone. JEREMY SIMES/FOR METRO

rent is the single biggest problem faced by landlords.

Nammoura said the refugees are running out of rental options and are growing increasingly scared by the situation.

"They don't know the system, they don't know their rights,

they're scared to talk to media about the issues with landlords or the problems they're having with their sponsors," he said.

Baxter said the CRRA is very mindful of how hard it can be for refugees who are attempting to resettle, and because of this

they've asked their members to help out.

"We've asked them if they can provide housing and we've had a lot of our members step up and say, 'Absolutely we can,'" he said. "And they have reasonable, normal rent."

LGBTQ ISSUES

Minister to roll out guidelines for policy

Aaron Chattha
Metro | Calgary

Alberta school boards will receive a set of guidelines Wednesday to create a policy that protects LGBTQ students from discrimination.

Nearly 74 per cent of Alberta school boards don't have a policy in place to protect LGBTQ students, according to a 2015 Metro investigation. In November, Minister David Eggen asked all 61 school boards to draft a policy for his approval, with a deadline of March 31, 2016.

"School boards have told us they're keen to do this work, but some have been asking for additional support," said Jeremy Nolais, press secretary to the minister of education.

Angela Reid, board member with the Trans Equality Society of Alberta, said from a trans perspective, there are a few things she'd like to see, most important being that students should be the sole determinant of their own gender.

"So, basically, you're not relying on government IDs, you're not relying on psychological experts or some other authority to speak for the person," she said. "They have a right to self-identification."

She also said it's important that disclosure by students to trusted teachers and staff be confidential.



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IN BRIEF**Earthquake reported near Alberta fracking sites**

An earthquake occurred outside Fox Creek on Tuesday morning, Natural Resources Canada confirms.

Measuring 4.5 on the Richter scale, it happened at 11:27 a.m. According to the NRC, it was "lightly felt" in Fox Creek, but no damage has been reported.

Fox Creek is located near multiple hydraulic fracturing, or fracking, operations. Last year the Alberta Energy Regulator attributed two earthquakes, each measuring 4.4, to fracking.

They are the strongest earthquakes in the world to be caused by fracking.

It's too soon to know the cause of Tuesday's earthquake.

METRO

NHL commissioner gets briefed on CalgaryNEXT

Mayor Naheed Nenshi said NHL commissioner Gary Bettman has been briefed by his senior staff on how the city is moving forward on the CalgaryNEXT proposal.

Nenshi said almost all of the calls his office received on the issue are against the proposal, which would see a new sports complex built in Calgary's West Village and paid for in part with a community revitalization levy.

The mayor said the city has to have an open discussion on how the stadium will be funded.

"In other cities these kinds of deals are presented to cities as a fait accompli with a giftwrap ribbon on them — that's not how we've chosen to operate," said Nenshi.

METRO



Ryan McGrath and Tanya Gladwell — Ceira Lynn's parents — said six months is too long to wait for final autopsy results. Their 18-month-old daughter was rushed to hospital in November where she later died; however the devastated couple still have many questions remaining about their child's passing. SCREENSHOT

Family seeks closure in toddler's death

INVESTIGATION

Explanation taking 'far too long': Father



Lucie Edwardson
Metro | Calgary

Ryan McGrath and his wife Tanya Gladwell continue to grapple with the devastating loss of their baby girl Ceira Lynn McGrath last November.

Police were called to a dayhome in the 100 block of Silverado Ridge Crescent S.W. on Nov. 12, 2015, after receiving a report of a child in medical distress.

Ceira Lynn, only 18 months

old, was rushed to hospital where she died shortly after.

In an interview with Metro, McGrath said he and his family are grief-stricken and don't understand why the investigation into Ceira Lynn's death is taking so long.

"We think it takes far too long," he said. "We're kept abreast of what's happening by the investigator, but that is very little," he said.

McGrath said their family was recently given an update from the medical examiner's office but have been left with many remaining questions.

"We've been told it will take up to six months to have the final (autopsy) results," he said. "The first ones came back and said she

was healthy, but my understanding is when it's a suspicious death like this, and with Ceira's age, some tests are sent all over Canada and

In the meantime, McGrath said their family is focused on Ceira Lynn's twin brother Colby, who continues to ask about his sister.

We're kept abreast of what's happening by the investigator, but that is very little.

Ryan McGrath

many require a second sign-off by another specialist."

A spokesperson for the Calgary Police Service said they are continuing to investigate Ceira Lynn's death as a suspicious death, and confirmed that it could take up to six months to see completed autopsy results.

He said despite the grief Colby is experiencing, he is doing very well.

"His development is leaps and bounds even as he deals with the trauma and whatever an 18-month-old goes through when something like this happens, especially a twin," he said.

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PALLISER REGIONAL SCHOOLS

Trustees seek review of chief's conduct


Aaron Chattha
Metro | Calgary

Following a petition launched online for a suspension and review of Kevin Gietz, chief superintendent of Palliser Regional Schools, the trustee board has asked the minister of education for an external review.

The online petition, which has more than 400 supporters, asks for a investigation into allegations that Gietz uses threatening behaviour — verbal and physical — and has had unwelcome physical contact with female employees.

"The unverified comments being posted online are a distraction from the work we need to do to support our schools and our students," said board chair Colleen Deitz. "An independent external review as a welcome way to resolve these questions."

Comments online came from concerned residents and former employees claiming to have been bullied by the administration.

Palliser has nine schools in Calgary. The board is also currently facing a lawsuit from a former employee over claims of unwanted physical touching.

Deitz said they welcome a review from an outside expert with experience in system reviews.

Jeremy Nolais, press secretary to the minister of education, said the minister has stated repeatedly in the past that it's important all students, staff and parents have confidence in their school board to create a safe work environment for employees.

"The minister will be reviewing the motion in the coming days and determining how to proceed," he said.



Calgarians are buying tickets for the American Powerball lottery online. Wednesday's jackpot is at a record breaking \$1.5-billion. BEN MARGOT/THE ASSOCIATED PRESS

Powerball fever comes to Calgary

LOTTERY

People paying extra online over record \$1.5B jackpot

Brodie Thomas
Metro | Calgary

Calgarians aren't letting a little thing like the U.S. border stop them from getting in on Wednesday night's Powerball lottery.

The American lottery was up to \$1.5 billion dollars U.S. as of Tuesday night. That's \$2.1 billion in Canadian dollars at the current exchange rate.

Terry Lo is one Calgarian who couldn't resist getting in on the action. He spent roughly \$14 Canadian, and got seven friends to go in on tickets with him.

"At \$1.5 billion, that works out to two-hundred-something million each, even after 30 per cent taxes, that comes out to \$140 million U.S., which is something I guess I could live with."

Lo used a service that was recommended by a major U.S. media outlet. He is aware there are scams out there pur-

DETAILS

- Odds of winning are roughly 1 in 292.2 million
- Powerball advises against purchasing tickets online
- Wednesday's draw is at 7:59 p.m. Mountain Time

line (of numbers), but this service charges five bucks per line, so they're making a profit of \$3 on every single line," said Lo.

Lynn, another Calgarian, had been thinking about driving to the border until she heard about buying tickets online.

She asked us not to use her last name because she is worried her friends will want in on the tickets she and her husband bought.

"We spent about 120 bucks. It gives you ten lines," said Lynn. She said she realizes her chances are slim to none on winning but she still likes to dream about winning.

"We would hire a very well known logging company and get them to build us our dream home," she said.

She said she'd also pay down her friend's debts. "The trick is you call them and ask to borrow five hundred bucks — and if they say yes, great!"

NATURE

Group wants government to end horse cull

Helen Pike
Metro | Calgary

A group of Albertans are waiting anxiously to hear whether the provincial government will announce this year's wild horse cull after a three-year battle against a practice they say isn't founded on any scientific evidence.

In 2013 the PC government created the Feral Horse Advisory Committee to manage the growing population of horses.

The group recommended a "capture season" which took place in 2014 and again in 2015. But with a new face at the Ministry of Environment and Parks the "Help Alberta Wildies" group is hoping the government will reconsider.

"We're standing by basically to see what the next move is on the government's part," said Help Alberta Wildies group founder

If they go ahead with the cull, we have further action planned.

Help Alberta Wildies founder Darrell Glover

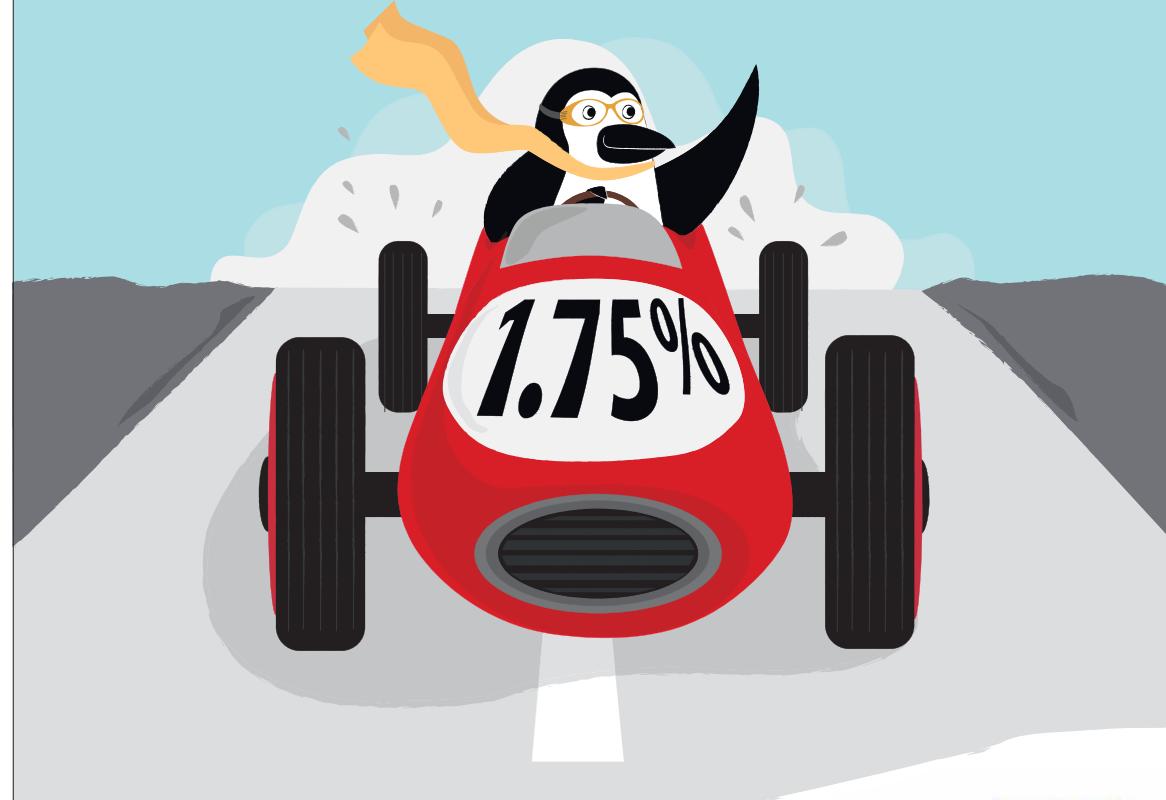
Darrell Glover. "If they go ahead with a cull then we have further action planned...it's not our pos-

ition that we want to start something that hasn't started, we're hoping the government will sit back and not announce a cull."

Glover said this is the time of year his group would normally see a call for the cull — but as of Tuesday morning they've been told no decisions have been made yet. A statement from the Ministry of Environment and Parks said: "No decisions have been made regarding a feral horse capture."

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AWARD

Flames captain wins big in assists for student success



Calgary Flames captain Mark Giordano has a new award to add to his trophy case, but it's not for on-ice excellence.

Giordano and his wife Lauren were the recipients of the CBE's annual Lighthouse award, for the contributions with Team Giordano impacting nearly 1,200 students in the CBE over two years.

The Team Giordano initiative donated more than \$100,000 to four schools, which was put towards purchasing hockey equipment, computers and even estab-



Lauren Giordano accepts the Lighthouse award for Team Giordano's contributions.

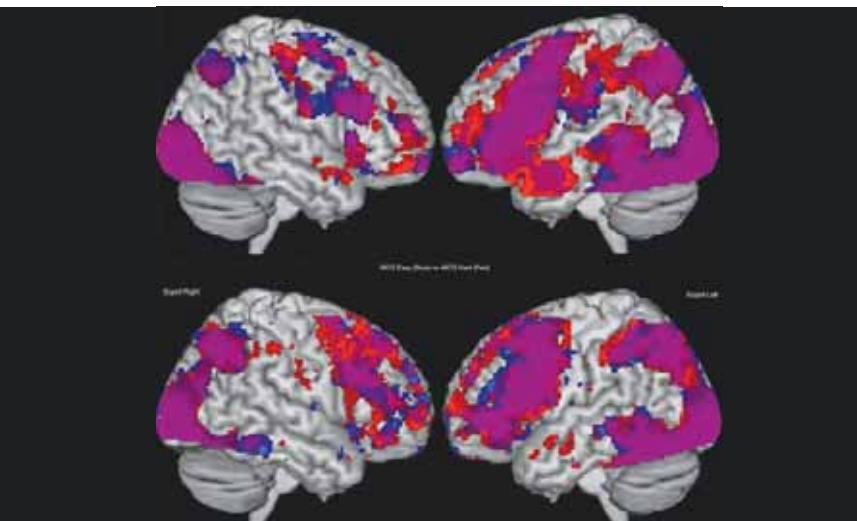
AARON CHATHA/METRO

lishing a zen room for students. "Team Gio has been great at

talking to the students about setting goals, working hard, persevering, the importance of keeping your body healthy and giving back to your community," said board chair Joy Bowen-Eyre. "They really embody what it means to be a good citizen within the City of Calgary."

Lauren Giordano accepted the award.

"I think education is such a huge foundation in the life of every child and Mark and I realized how important it was growing up," she said. "We had a great support system at our respective schools and we just wanted to give that back to students in Calgary communities."



Top left and right scans, the novice brain processing easy cases (blue), hard cases (red) and common areas of activation on easy and hard (purple). Bottom left and right scans show the expert brain processing the same cases. CONTRIBUTED

IN BRIEF

Tax time also scam time: CPS
As tax season approaches, the Calgary Police Service is once again warning Calgarians of an aggressive scam where fraudsters purport to be with either the Canada Revenue Agency (CRA) or Immigration Canada. In 2015, more than

\$386,875 was fraudulently obtained from 89 victims in Calgary. Police say the CRA will never ask for a wire transfer of money. METRO

Harry Potter stars to appear at Calgary Expo
Students of Hogwarts, your

headmaster is coming. Sir Michael Gambon, who played Professor Albus Dumbledore in the Harry Potter series, will be making his first appearance at the 2016 Calgary Comic & Entertainment Expo. Lucius Malfoy (Jason Isaacs) will also appear. METRO

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Inside Shoppers Drugmart

Research compares brains of doctors

SCIENCE

Novice doctors use left side of brain more than veterans: Study



Jeremy Simes

For Metro | Calgary

Is your doctor left or right brained?

You probably have no idea but, according to new University of Calgary research, rookie physicians tend to use the left side of their brains more often than their veteran counterparts, who tend to use the right side.

Why?

The left hemisphere of the brain is where fact-based knowledge is stored. In other words,

less experienced doctors rely more on what they learned in school when solving a problem, according to Pam Hruska, a clinical nurse specialist who authored the study.

In case you're curious, the right hemisphere of the brain deals more with experimental knowledge, or abstract thinking.

"As clinicians progress from novice to expert, research indicates decision-making becomes less dependent on foundational biomedical knowledge and instead relies more heavily on previous experience," said Hruska, who's also a clinical nurse specialist for Adult Critical Care with Alberta Health Services.

The study used functional magnetic resonance imaging (fMRI) to understand how doctors process their thoughts.

Using MRI, researchers could see which parts of the brain were activated during decision-

making tasks. The research confirms recent problem solving theories, meaning it can be used more broadly to improve medical training and the U of C's curriculum.

"This research has important implications for learning, especially regarding how we acquire new knowledge, store it in memory, and retrieve it when needed," said Kent Heckler, who supervised the study.

Hruska said the U of C will take the research's findings to build a curriculum that effectively combines text-book knowledge with hands-on learning. Students would repeatedly learn those best practices to improve patient care, she said.

"By doing so, educators can be more specific with how they develop physicians to become expert diagnosticians over the course of medical training, in order to provide better care for patients."

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BROADCAST SYSTEMS TECHNOLOGY

Looking for a unique career that combines your resourcefulness with your technical expertise? The Broadcast Systems Technology program at SAIT Polytechnic is the perfect answer as it focuses on the technical aspects of the broadcast industry, and qualifies graduates for well-paying jobs that are in high-demand. Get trained on emerging digital systems so you can start a career you will love in the exciting world of audio and video technologies!

Join us on Wednesday, January 13 at 7:00 pm in Room ET114 in the John Ware Building. Call 403.284.8081 or Email bxst.info@sait.ca to confirm your attendance or for more information.

GEOSCIENCE INFORMATION TECHNOLOGY

Are you interested in an oil and gas career that combines geology and geophysics and computer science? If so, then the Geoscience Information Technology diploma program will provide you with the computer skills geared towards the energy sector and numerous other industries.

Join us on Wednesday, January 13 at 7:00 pm in Room MD217 in the Stan Grad Centre. Call 403.210.5753 or Email expt.info@sait.ca to confirm your attendance or for more information.

JOURNALISM AND PHOTOJOURNALISM

Interested in a career that combines your creativity with your resourcefulness? The Journalism and photojournalism programs at SAIT are the perfect solution as they focus on communications, News writing, and photojournalism. Get trained at SAIT, and start a career that you will love.

Join us on Wednesday, January 13 at 7:00 pm in Room NH101 in the Senator Burns Building. Call 403.284.8849 or Email ja.info@sait.ca to confirm your attendance or for more information.

LIBRARY INFORMATION TECHNOLOGY

Information management is a growing high-tech career path. The Library Information Technology program at SAIT is the perfect solution as it focuses on database searching, how to access information and helping people find information. Get trained at SAIT in a career that combines your high-level organization skills with technology.

Join us on Wednesday, January 13 at 7:00 pm in Room NH105 in the Senator Burns Building. Call 403.284.8849 or Email lilt.info@sait.ca to confirm your attendance or for more information.

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Join us on Wednesday, January 13 at 7:00 pm in Room KA335 in the Johnson-Cobbe Energy Centre. Call 403.284.8451 or Email energy.mse@sait.ca to confirm your attendance or for more information.

ENERGY ASSET MANAGEMENT

Energy Asset Management is a two year multidisciplinary diploma program that provides students with skills necessary for the analysis, documentation and administration of regulatory, financial and contractual compliance related to energy assets, and trains analysts for employment in the five disciplines of energy asset management: Joint Venture, Mineral Land Management, Surface Land Management, Well Asset Management, and Operations Accounting.

Join us on Wednesday, January 13 at 7:00 pm in Room KA338 in the Johnson-Cobbe Energy Centre. Call 403.284.8451 or Email energy.mse@sait.ca to confirm your attendance or for more information.

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LUCIE EDWARDSON/METRO

Not-for-profit says 'ahlain' to refugees

COMMUNITY OUTREACH

Local group's how-to videos help Syrians get acclimated



When Esmahan Razavi immigrated to Canada at age 13, she said everything felt "so foreign" to her.

Thankfully her classmates, teachers and neighbours welcomed her with open arms.

The now 27-year-old's positive personal experience of being welcomed helped her acclimate to a new country and is one of the driving forces behind why Razavi and four of her friends co-founded a not-for-

profit called Ahlain, meaning "welcome" in Arabic.

"Everyone was really nice and helped me out," she said. "Now that I'm older and I'm settled, I want to be one of those people who gives back and helps out, because, when you come to a new place it really matters when someone reaches a hand out to you."

The not-for-profit creates informative, how-to style videos in Arabic to help refugees learn about a range of things that might be new to them in Canada.

Razavi said they learned that many refugees have smartphones and they decided to capitalize on that and use technology to inform them.

"We thought doing thematic videos would be helpful so that people can watch them as many times as they need whenever they need to," she said.

Ahlain's debut video tackled

how to get around on Calgary Transit and is now featured on the city's transit website.

The group has also done a welcome video with Calgary's mayor and a video about getting and a drivers licence, and are working on another about accessing emergency services.

Co-founder Jon Yee, who works for the United Nations and does all the filming and editing for Ahlain, said he hopes the videos help refugees feel welcomed and show Canada cares.

"A lot of people don't understand that Syrians are actually escaping war, not just getting out of a bad place," he said. "People don't understand the level of devastation so it's good to show that Canada is helping out again."

Razavi echoed Yee's thought.

"If you feel like the people around you care about you it's easier to integrate," she said.

DEVELOPMENT

Chinatown redevelopment plan approved by city council



Coun. Druh Farrell's request to get a new Area Redevelopment Plan (ARP) for Chinatown got the approval of Calgary city council on Tuesday, but the larger issue of delayed ARPs in other areas was also discussed.

Coun. Andre Chabot asked where administration is in updating ARPs city-wide.

City planner Rollin Stanley said they've conducted an

audit to see where each ARP stands, and they have a plan to roll out later in the year for updating them.

Farrell said Chinatown is seeing developments on all sides, but is not seeing growth.

"We're not seeing that activity in Chinatown. We've had a number of applications over the past years. But because of the Area Redevelopment Plan — it's very rigid ... and we're seeing those developers pick up and leave."

Council passed the motion to create a new ARP unanimously.

One of 5 simple ways to end the stigma around mental illness.

It's not always easy to know how to break the stigma associated with mental illness. Mental health experts suggest 5 easy ways you can help. Here's one way.



Language matters

Choose the right words. People with a mental illness are just that: People with a mental illness. Not "crazy," "bipolar" or "schizophrenic." Too many people still dismiss or joke about mental illness. Would they be as comfortable doing so if they were talking about cancer?

Clara Hughes



Learn more at
bell.ca/letstalk.

Student makes good with help of goodwill

KINDNESS

Pays back kind act of college founder by keeping word



**Sanam
Islam**
Metro | Edmonton

In April 2014, Tanya Parada stood on the stoop of the Cosmopolitan Makeup Artistry College in Edmonton with 10 cents in her pocket and her young, hungry daughter with her.

She looked down at the young girl and thought, "I have nothing to give you."

Parada had recently taken her four young children and left her turbulent marriage to stay with a friend. But unable to land work and with little money, she had applied to several beauty colleges in Edmonton and been rejected.

Finally, this college had called her in for a meeting, but she'd blown it.

"I ended up showing up late for that meeting because of issues with my daughter that day, so they didn't think I could handle doing the program," Parada says.

But seeing Parada distraught outside the office, a college staff member asked

her inside to talk to Serene Daniels, the company's founder.

"(Serene) said, 'You know what? Lets do this.' She was kind enough to say if I promised I would come to school every day and finish the program, she would help me," Parada says.

Daniels allowed Parada to study at the college for free for a few months, after which she was able to pay with a student loan.

Daniels also arranged for Parada's children to come to the college after school since Parada couldn't afford childcare.

"I also started off with nothing, and someone helped me and gave me an opportunity, so I wanted to give back," says Daniels, who was a single parent when she founded the college 18 years ago. "Everyone deserves help as human beings."

Parada started attending the college in May 2014, and last June graduated from the nail technician program.

Now, in addition to pursuing an online bachelor's degree in psychology at Athabasca University, she works at the college as an esthetician and admissions registrar.

"I am so appreciative of the opportunity that was given to me. I really enjoy working here. It's like a second home to me," Parada says.

I also started off with nothing, and someone helped me and gave me an opportunity, so I wanted to give back.

Serene Daniels



Tanya Parada, standing, an esthetician and admissions registrar at Cosmopolitan Makeup Artistry College, is thankful to Serene Daniels for all she has done for her. SANAM ISLAM/METRO

KINDER MORGAN

Pipeline good for Canada: Notley

Premier Rachel Notley says the proposed expansion of a pipeline to the B.C. coast is not just in Alberta's best interests but is the best thing for Canada as well.

"This important pipeline infrastructure will support an integrated energy economy in Canada that will be more attractive to investors, which in turn will generate more economic activity Canada-wide," Notley said Tuesday in a written submission to the National Energy Board.

A three-member board panel is hearing submissions on its environmental assessment of the 1,150-kilometre Kinder Morgan Trans Mountain pipeline, which carries crude oil and refined products from Edmonton to terminals in the Vancouver area.

Kinder Morgan is looking to twin the line to almost triple capacity to 890,000 barrels a day.

The company says there is enough demand on the line to make the expansion worthwhile, and Notley agrees.

In her letter, she said Alberta has abundant oil resources for an expanded line. The province currently isn't getting a fair return on its oil because lack of pipeline capacity is restricting sales to just one buyer — the United States, she said. Getting more oil to west coast ports would allow for access to Asian markets such as China.

She cited reports that estimate an expansion could increase western Canadian crude oil revenues by \$73.5 billion in the first two decades of operation.

Kinder Morgan is working to clear the final hurdles in the evaluation process. The energy board panel is set to inform the federal cabinet on May 20 whether it approves the project. Ottawa then has three months to make its decision. THE CANADIAN PRESS

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— Margo Desmarais, FPBA, Finance Team Lead, University of Alberta



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Operation: Welcome to Canada

ARMED FORCES

Military has helped Syrians overseas, now will help house

The military is beginning to wind down its overseas involvement in the Liberal government's commitment to resettling thousands of Syrian refugees in a matter of months.

Approximately 70 Canadian Armed Forces members have returned from Jordan and Lebanon, where they were part of a broader government effort to bring 25,000 Syrians to Canada by the end of next month.

"All it takes is seeing one little one the same age as my daughter - smiling because they are going to Canada," said Maj. Drew Willis, who was among 68 soldiers who arrived to waiting family members early Tuesday at Canadian Forces Base Gagetown in New Brunswick.

About 150 soldiers remain overseas helping process applications and conduct medical tests on the thousands of Syrians who are still passing through the screening process.



Quebec's immigration minister Kathleen Weil greets a Syrian family in Quebec City on Tuesday.

CLEMENT ALLARD/THE CANADIAN PRESS

The Defence Department says the decision to bring some personnel home was made in consultation with the Immigration Department in anticipation of the completion of the program.

"Operation Provision has been a tremendous opportunity to showcase leadership and Canadian values on the world

stage and we will continue to stand in support of this whole-of-government effort, ready to assist wherever and however we are needed," Defence Minister Harjit Sajjan said in a statement Tuesday.

Where the military is going to be needed next is at home. Thousands of Syrians landing

in the coming days are expected to be billeted at military bases as cities and towns across the country are still busy securing housing for the new arrivals.

Space is available for 6,000 people at various bases and facilities throughout Ontario and Quebec, with an additional 7,000 spots also in reserve if needed,

+ QUEBEC GOAL

Province shy of original projected numbers

Immigration Minister Kathleen Weil said Tuesday roughly 2,800 Syrians have so far made it to Quebec, representing about 75 per cent of the provincial government's initial objective of 3,650 Syrian refugees to the province by the end of 2015. THE CANADIAN PRESS

the Forces say on their website.

Canadian Forces Bases Valcartier, Kingston and Borden are expected to be the first three put into use as early as this week.

By Jan. 10, 9,562 refugees who had arrived. Three government-organized flights of refugees were scheduled to arrive Tuesday, one in Montreal and two in Toronto, taking the number of arrivals to just over 10,000. The Immigration Department would not pinpoint the timing of the 10,000th arrival, citing privacy rules.

The Liberals intend to bring 25,000 Syrians to Canada under government sponsorship by the end of this year. THE CANADIAN PRESS

MIGRANT CRISIS Life-jackets tell story of survival

Yvette d'Entremont
Metro | Halifax

- Two small life-jackets at the Canadian Museum of Immigration in Halifax, N.S. tell part of the story of young refugees caught up in the Mediterranean migrant crisis last summer.

- They're on loan from the Canada Science and Technology Museum in Ottawa. Alberta physician Simon Bryant brought them back after his Doctors Without Borders mission operating a rescue clinic at sea to help migrants making the dangerous Mediterranean Sea crossing.

- The two children who wore them survived and were rescued, even though one of the jackets was a cheap toy.



- Used by real children, one of these is a wading pool toy.

JEFF HARPER/METRO

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Citizens leave carnations as they gather Tuesday near the site of the explosion in the historic Sultanahmet district of Istanbul. EMRAH GUREL/THE ASSOCIATED PRESS

Istanbul in mourning

TERRORISM

ISIL suicide bomber hits historic area, kills at least 10

A suicide bomber affiliated with the Islamic State of Iraq and the Levant detonated a bomb in a historic district of Istanbul popular with tourists Tuesday morning, killing at least 10 people — nine of them German tourists — and wounding 15 others, Turkish officials said.

Turkish Prime Minister Ahmet Davutoglu said the bomber who carried out the attack in Istanbul's Sultanahmet district was a member of ISIL and pledged to battle the militant group until it no longer "remains a threat" to Turkey or the world.

Davutoglu described the attacker as a "foreign national." Deputy Prime Minister Numan Kurtulmus had previously said the perpetrator was born in 1988 and was a Syrian national, but the private Dogan news agency claimed the bomber was Saudi-born.

"Turkey won't backtrack in its struggle against Daesh by even one step," Davutoglu said, referring to ISIL by its Arabic acronym. "This terror organization, the assailants and all of their connections will be found and they will receive the punishments they deserve."

Turkey's state-run news agency said Davutoglu held a telephone conversation with German chancellor Angela Merkel to express his condolences. A senior government official confirmed that most of the victims were German. Merkel had earlier said they were part of a German travel group.

"I strongly condemn the terror incident that occurred in Istanbul, at the Sultanahmet Square, and which has been assessed as being an attack by a Syria-rooted suicide bomber," President Recep Tayyip Erdogan said.

Davutoglu said the death toll of 10 did not include the suicide bomber.

"Today Istanbul was hit; Paris has been hit, Tunisia has been hit, Ankara has been hit before," Merkel said. "International terrorism is once again showing its cruel and inhuman face today." THE ASSOCIATED PRESS

IN BRIEF

India bans bullfight event

India's Supreme Court on Tuesday banned this year's bullfighting ritual at a harvest festival in southern India following angry protests from activists who say the sport amounts to animal torture.

The court also asked the Environment Ministry

to respond to petitions from several animal rights groups to outlaw the sport.

Jallikattu takes place in Tamil Nadu state during the harvest festival of Pongal, which falls this year on Friday. Thousands of men chase the bulls to get prizes tied to their horns.

THE ASSOCIATED PRESS

HUMANITARIANISM

UN aid delivery first of many in Syria

+ DISTRIBUTION

It will take several days to distribute the aid in Madaya and two Shiite villages in northern Syria. Supplies could last a month, aid agencies said.

THE ASSOCIATED PRESS

eva on Jan. 25.

Aid convoys with food and other supplies reached three besieged villages on Monday — Madaya, near Damascus, where O'Brien said about 400 people need to be evacuated immediately to receive life-saving treatment for medical conditions, malnourishment and starvation, and the Shiite villages of Foua and Kfarya in northern Syria.

THE ASSOCIATED PRESS

The United Nations humanitarian chief has called for Monday's delivery of aid to three besieged towns in Syria to be the first of many and welcomed a Syrian statement that such deliveries should be repeated and sustained.

Stephen O'Brien told reporters after briefing the UN Security Council behind closed doors that the arrival of convoys to help civilians in the three towns cut off for months

by the war in Syria must not be "either one-off or exceptional."

The UN says 4.5 million Syrians are living in besieged or hard-to-reach areas and desperately need humanitarian aid, with civilians prevented from leaving and aid workers blocked from bringing in food, medicine, fuel and other supplies.

Reports of starvation and images of emaciated children have raised global concerns

and underscored the urgency for new peace talks that the UN is hoping to host in Gen-

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Rekindle belief in change: Obama

STATE OF THE UNION

U.S. president urges rejection of fear, division in final address

U.S. President Barack Obama, entering the last year of his presidency, urged Americans Tuesday night to rekindle their belief in the promise of change that first carried him to the White House, declaring that the country must not allow fear and division to take hold.

"It's easier to be cynical, to accept that change isn't possible and politics is hopeless," Obama said in his final State of the Union address. "But if we give up now, then we forsake a better future."

At the heart of Obama's address to lawmakers and a prime-time television audience was an implicit call to keep Democrats in the White House for a third straight term. He struck back at critics who have challenged his economic and national security stewardship, calling it all



President Barack Obama gestures as he arrives on Capitol Hill in Washington, Tuesday, before giving his State of the Union address before a joint session of Congress. J. SCOTT APPLEWHITE/THE ASSOCIATED PRESS

"political hot air."

In a swipe at some Republican presidential candidates, he warned against "voices urging us to fall back into tribes, to scapegoat fellow citizens who don't look like us or pray like us or vote like we do, or share the same background."

Seeking to shape his own legacy, Obama ticked through a retrospective of his domestic and foreign policy actions in office, including helping lead the economy back from the brink of depression, taking aggressive action on climate change and ending a

Cold War freeze with Cuba.

Yet he was frank about one of his biggest regrets: failing to ease the persistently deep divisions between Democrats and Republicans.

"The rancour and suspicion between the parties has gotten worse instead of bet-

ter," he conceded. "There's no doubt a president with the gifts of Lincoln or Roosevelt might have better bridged the divide, and I guarantee I'll keep trying to be better so long as I hold this office."

The State of the Union address, a kind of annual

“

If we give up now, then we forsake a better future.

“

The rancour and suspicion between the parties has gotten worse instead of better.

“

I'll keep trying to be better so long as I hold this office.

progress report from the president, could be one of Obama's last opportunities to claim a large television audience as president. However, the address has suffered a major drop-off in viewers in recent years.

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IN BRIEF

Classified documents prompt legal wrangling

A U.S. Army judge is considering how classified information should be handled in the case against Sgt. Bowe Bergdahl, who walked off an outpost in Afghanistan in 2009.

Bergdahl's attorneys argued at a hearing Tues-

day for wider leeway in their ability to gather and use the classified information in his case. He faces charges of desertion and misbehaviour before the enemy, a charge that carries a punishment of up to life in prison.

Defence attorney Lt. Col. Frank Rosenblatt argued that

the prosecution wants to apply military rules on classified information in a way that would hinder the defence. He cited an example in which he said prosecutors put restrictions on what a potential witness could answer during an interview.

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ROOT-TO-STALK COOKING
Today 40% of food in North America is wasted. Squash skins are edible as are kale ribs, beet greens, fennel tops and carrot skins.

MEAT-FREE MOVEMENT
With news on the health risks of too much red meat and cured meats, adding a vegetarian meal a few days of the week is gaining traction.

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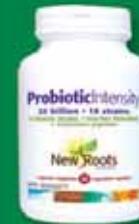


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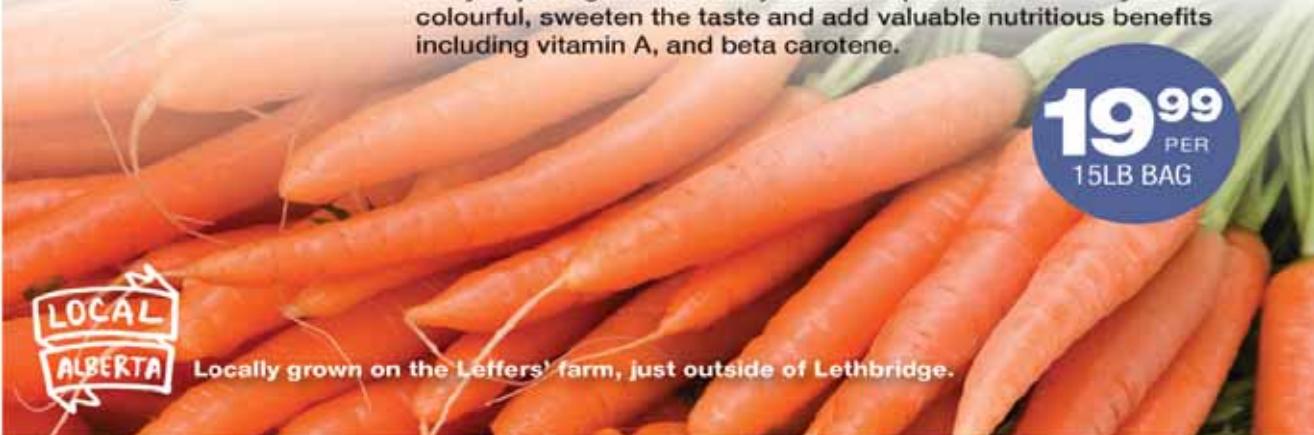
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Plunge in oil prices follows a falling loonie

Oil and the Canadian dollar breached two benchmarks Tuesday, with crude briefly dipping below \$30 US a barrel and the loonie slipping beneath the 70-cent US level during a volatile day on the markets.

At one point in early afternoon trading, a barrel of West Texas Intermediate fell as low as \$29.93 US before it regained some ground to settle at \$30.44 US a barrel. That was still down 97 cents from Monday's close.

The Canadian dollar hovered above and below the 70-cent US mark throughout the day, dropping as low as 69.85 cents US, before ending the day at 70.14 cents US — its lowest level since April 2003.

Oil prices have dropped precipitously over the last year and a half, falling from above \$105 US in June 2014 to levels not seen in more than a decade. And the loonie is heavily influenced by



Going forward, it is very likely that global economic conditions will remain unfavourable and that subdued commodity prices will persist.

FINANCE MINISTER BILL MORNEAU

the global price of oil, one of the country's major exports.

The falling dollar and price of oil prompted questions for Finance Minister Bill Morneau, who was in Montreal on Tuesday for pre-budget consultations.

"I know that Canadians are looking closely at the price of oil. Canadians are looking closely at the Canadian dollar," Morneau said. "We recognize that those are important indicators for Can-

adians as they go about considering their situation."

The currency's historic low is 61.79 cents US, set in January 2002. It hit an all-time high of 110.3 cents US in November 2007 as Canada's resource-heavy economy benefited from global demand for its exports.

The last time Canada's dollar was worth more than the greenback was about three years ago, in February 2013.

OIL SANDS

Projects keep pumping despite losing money

Oilsands operators have little choice but to keep pumping despite losing money on every barrel, said industry analyst Martin King, with Calgary investment dealer FirstEnergy Capital. THE CANADIAN PRESS

If there was one bright spot Tuesday, it was the S&P/TSX composite index, which added 54.65 points to end the day at 12,373.90.

In New York, the Dow Jones rose 117.65 points to close at 16,516.22. In other commodities, the February contract for gold fell \$11 to settle at \$1,085.20 US an ounce while February natural gas fell 13.9 cents to \$2.257 US. THE CANADIAN PRESS

ECONOMY

Industries cheer, jeer ailing dollar

The loonie fell below the 70-cent US mark Tuesday for the first time in 13 years. In its wake, the rapidly dropping dollar is leaving a roster of winners and losers in Canada. Here's a look at who is benefiting — and who is hurting:

WINNER: TOURISM

Canada's tourist hot spots are getting a boost from Americans heading north of the border as well as Canadians opting to take so-called staycations.

"We've got a lot of drive traffic coming across the border," said Sarah Morden, a spokeswoman for B.C. ski resort Whistler Blackcomb.

The Conference Board of Canada says overnight travel from the U.S. increased about seven per cent last year.

WINNER: FILM INDUSTRY

Hollywood North, whether it be Vancouver, Toronto, or some of the up-and-coming markets like Calgary, is booming. Peter Leitch, president of North Shore Studios and chairman of the Motion Picture Production Industry Association of B.C., said American

ISTOCK

LOSER: CONSUMERS

Be prepared to pay more for anything imported, including food. The University of Guelph's Food Institute estimates the average Canadian household spent an additional \$325 on food in 2015 and is expected to see an additional increase of about \$345 this year because of the low dollar.

TORSTAR NEWS SERVICE



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metr^{eo} VIEWS

Your essential daily news

Barking BFF
Fido really is your best friend. A new study shows scientifically that dogs understand human voices and facial expressions.

Wednesday, January 13, 2016

ELLEN VANSTONE

URBAN ETIQUETTE



Dear Ellen,
Is it acceptable to break up with a person by text or email? Or do you have to do it in person?

Jamie, Vancouver

Dear Jamie,
Traditionalists will maintain that the only acceptable M.O. is to meet in person, in private, deliver the blow, and then allow your newly minted ex to react for as long, and with as much tearful, abusive rage, as deemed necessary.

But, with an open mind to evolving mores and technology, I put this question to Facebook friends of all ages, and received a variety of answers.

At least two male respondents seemed to miss the point: Don ("pro basketball or football game, with the help of the cheerleaders, while dressed as the mascot") and Zach ("Always ask the father first. It's tradition"). Actually, I'm pretty sure both those guys are single at the moment, which may explain their confusion.

Others (I hope) were joking, including Tim ("Twitter. You manage to tell the person and the world at the same time!") and Bren ("Invite them to a private Facebook event titled 'Our Anniversary' and then click 'not going'").

Twenty-something Katie stated that "Lots of people from the younger generation (like, high-school kids) actually prefer being broken up to via text. For me and my friends, that's an absolute no-go."

I can certainly see the benefits of an e-breakup, from both

As always with good manners, it's about putting the other person's feelings above your own.

Is it acceptable to break up with someone by text or email? Or do you have to do it in person?



Ani Castillo

sides. The dumper doesn't have to face the music, or get a drink thrown in their face. And the dumppee can collapse with shock and dismay without giving the dumper the satisfaction of seeing the collapse, followed by the pleasure of crafting a withering reply accusing the dumper of spineless, selfish courtesy. Win-win — if you're both pathologically repressed social incompetents who live 5,000 miles apart without access to voice calls or Skype, and you're under the age of 12.

For the rest of you, note that the most representative reply in my FB focus group was this one, from Nora: "No text, definitely no email or snail mail (that's for business only); phone or Skype if you can't see them in person. NO crowded restaurant! Ideally, the civilized breakup is in person in private."

But others had qualifications to this basic rule of eti-

quette, like Maria: "Private, but not TOO private. I think proper etiquette would allow for the ability to stomp off. I know a woman who was dumped (not literally) in a canoe in the middle of a lake."

I happen to know that Maria, years ago, was given the pink slip by a snotty New York Times reporter boyfriend in public on the Upper East Side. But to this day, we both savour the memory of her slapping him across the face in front of a delighted sidewalk audience before she leapt into a passing cab.

Most respondents eschewed the crowded-restaurant scenario, which, aside from adding insult to injury by being such a cliché, denies more timid dumppees their right to a private, tearful, abusive rage.

But Jessica commented: "I'm going to put in a small plug for restaurant, only because I've seen so many couples break up that way

(and have been there myself). In fact Jane F. and I once worked up a whole bit about the qualities of a Good Breakup Restaurant." And Karen even cited a favourite location: "My breakup place was College Street Bar. Got dumped there and later paid it forward."

If you're not sure which breakup method is best for you and your intended ex, choose Nora's protocol: In person, in private. And remember that, as always with good manners, it's about putting the other person's feelings before your own. In this case, the other person's feelings may be vengeful hatred of you, but so be it. Take it on the chin, and know that you did the right thing, which may even help the person when calm enough to appreciate it.

**Need advice?
Email Ellen:**
scene@metronews.ca

metroview

The toughest part of Syrian resettlement is still ahead of us

Tim Harper



Much of the political and national conversation on the Trudeau government's ambitious Syrian refugee program has revolved around targets and timelines. But that has obscured a larger truth.

As the country's 10,000th Syrian refugee arrives in Canada this week, the toughest part of this project for the Liberal government lies ahead.

For the first time, government-sponsored refugees have topped the numbers of privately sponsored refugees, and another 15,000 displaced Syrians — a mix of both programs — will arrive by the end of February.

Military bases are standing by to potentially house government-sponsored refugees in the dead of a Canadian winter, and this is a much more vulnerable, at-risk group than those who have the privately sponsored support system awaiting their arrival.

This country, because of geography, some prudent planning despite the rush, and the ability to pick and choose its new arrivals, can legitimately look on our effort with pride. We are now standing virtually alone in not having to face down some type of refugee backlash.

But as their numbers swell, it will not take much to spark one. There can be no perception that housing, schooling or job queues are jumped and the resettlement effort has

to continue relatively seamlessly so that anxieties are not heightened on either side. There are those who want this government project to fail and they are lurking, on social media and email inboxes, waiting with matches to ignite that spark.

Canadians have contributed to winter clothing drives and have welcomed refugees into their homes. It has taken on the trappings of a national project.

But European countries, without the ability to pick and choose, have been dealing with a tide of migrants with no end in sight. According to the International Organization for Migration, 1,700 migrants have arrived by sea in Europe each day so far in 2016.

In Germany, Angela Merkel's government is changing laws to make it easier to deport foreign nationals, including asylum-seekers, in the wake of a massive number of assaults and sexual assaults of women in Cologne on New Year's Eve. All the suspects identified so far are immigrants, but they are not necessarily part of a wave of 1.1 million migrants who flooded into Germany last year.

That doesn't seem to matter. The damage is done. There is no direct line to be drawn between those incidents and attitudes in Canada, but opponents of the influx will be only too happy to draw one, if given half a chance.

Tim Harper (@nutgrafl) is a national affairs columnist for the Toronto Star.

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Wednesday, January 13, 2016

"I'm just a gay guy from Indiana who doesn't play basketball, but now I'm the entertainment president of CBS," Glenn Geller said of his network losing significant ground in depicting ethnic diversity.

Baking the good into goodies

EATING WELL

Sweet! Healthy tricks and substitutions from a dietitian

After holiday indulgences, baking might not be uppermost on the minds of most home cooks. Yet it's not necessary to give it up if you use a few tricks to inject some stealth health into muffins, scones, cakes and other goodies.

Using lentils, barley and canola, along with taking steps to reduce fat and sugar, can go far in making sweets and snacks healthful without sacrificing taste, says registered dietitian Zannat Reza.

Lentils are high in fibre and protein, inexpensive, and easy to add to baking when pureed, says Reza. "On the weekend I'll puree up a whole bunch of lentils, scoop them out in half-cup measurements and freeze them," says Reza, who is based in Toronto.

"If you have the urge to bake you can take out one of these little pucks, thaw it in the microwave and add it to your baking."

Greek yogurt adds more protein and calcium to recipes and can be used in place of sour cream and mayonnaise.

Here are some other ways to put a healthier spin on baking:

Flour power

Swap in whole wheat flour for half the all-purpose flour in a



VERSATILE AVOCADO
Swapping in an equal amount of mashed avocado for butter works well in chocolate baked goods.

Spiced Apple and Lentil Skillet Cake. HANDOUT/THE CANADIAN PRESS

baking recipe. Then add 2 tablespoons of wheat germ, needed because federal rules allow manufacturers to remove up to five per cent of the wheat kernel to reduce rancidity and prolong shelf life.

"You do need to add a little bit extra liquid," says Reza. "For every two tablespoons of wheat germ I find that you need to add at least a quarter cup of liquid. It could be milk, water. Say if a recipe calls for sugar and you're using maple syrup, you're adding a liquid to the baking so that will add towards the liquid."

Look for products that have "whole grain" on the label or in the ingredients list, she says.

Barley flour can be swapped for all-purpose flour. Barley contains vitamins, minerals and amino acids and is low in sodium, fat and sugar. Health Canada has approved a claim linking the consumption of barley beta-glucan, a type of soluble fibre, to reduced blood cholesterol.

Barley flakes resemble rolled oats but pack more fibre and are great in granola or as part of a topping for fruit crisp.

RECIPE

Spiced Apple and Lentil Skillet Cake

Makes 6 servings.

Ingredients

- 1/3 cup plus 2 tbsp unsalted butter, divided
- 3/4 cup granulated sugar
- 2 large eggs
- 1 tsp vanilla
- 1/2 cup all-purpose flour
- 1/2 cup whole-wheat flour
- 1 tsp baking soda
- 2 tsp cinnamon
- 1 tsp ground ginger
- 1 tsp nutmeg
- 1/2 tsp sea salt
- 2 cups finely chopped apples
- 1/2 cup lentil purée

Directions

1. Preheat oven to 350 F. Grease a 9-inch cast-iron skillet or square baking dish with 2 Tbsp butter.

2. In the bowl of a stand mixer, cream remaining butter and sugar on high speed until light, about 2 minutes, scraping down sides a few times. Add eggs and vanilla. Beat on high for 2 minutes until fluffy, scraping down sides a few times.

3. In a separate bowl, combine flours, baking soda, cinnamon, ginger, nutmeg and salt. Mix well. Using a rubber spatula, fold flour mixture into butter mixture, then stir in apples and lentil puree until smooth.

4. Scrape into prepared pan, smoothing top. Bake for 25 to 30 minutes or until an inserted toothpick comes out with just a few crumbs clinging.

5. Serve warm, with whipped cream or vanilla ice cream.

SOURCE: LENTILS.CA

Canola oil

Cut the amount of butter with canola oil. In a recipe calling for 1/2 cup of butter, you can swap in 1/3 cup of canola oil.

"When it comes to a lot of muffin recipes I tend to use canola just because it has that neutral taste and also has that source of plant omega-3s which are heart healthy," says Reza.

But for pastry or scones, butter is still better for its consistency.

Hemp seeds

Hemp seeds or hearts boost pro-

tein and add heart-healthy fats along with a nutty flavour.

"Sometimes I'll add it to smoothies or on my cereal, but lately I've added it to some granola that I've made. I just add it in the last 10 minutes (of baking)," says Reza.

Puréed or mashed fruit

Swap out about half the fat in a recipe with puréed fruit.

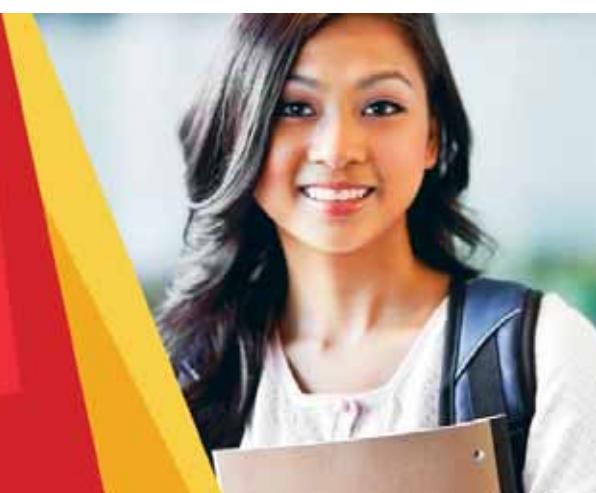
For every 1 cup of unsweetened applesauce, reduce the liquid called for in the recipe by 1/4 cup. THE CANADIAN PRESS

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Clockwise from top left: Apple praline with apricot sorbet, ice wine mousse, leche de creme and raspberry garnish; smoked scallop with a white chocolate cauliflower mousse, beet puree, pickled fennel, orange and a vodka foam; pierogi with bacon, onion and mushrooms; garlic waiting to be mixed with hummus. TORSTAR NEWS SERVICE

How to prepare for the culinary Olympics

Whether swiping a kitchen tool, turning up a burner or blasting some rock music, Team Canada coaches are prepping junior chefs to stay calm when the heat is on

MEGAN PROPER

"Competition is a sick thing. At the time you hate it, but the second it's over, you want to do it again. It's stressful and time consuming but you still want to do it."

At the culinary Olympics, where teams from around the world make elaborate meals as a five-hour timer ticks down, every flick of the knife is accounted for, right down to the second.

The best way to prepare, according to Canada's junior team, is to prepare the menu over and over, hundreds of times. In the months leading up to this year's event in Germany on Oct. 21-25, the Niagara College Canada-based team will spend thousands of hours making the same dishes so they'll be able to recreate the menu almost robotically. Like athletes, these chefs need to be in the zone.

The coaches are not above a bit of trickery — turning up the heat on a burner, hiding the spatulas, blasting rock music — to help prepare the team for a tournament in which even simple mistakes can be devastating.

Last week, the team played host to their American opponents in a lead-up to the big event. The team needs to be unflappable in the face of Swiss judges in chef's whites looming over their stovetops.

"When you get to the top 10 countries, the differences are so slight. Even though you may have a fantastic team and perform very well, it's similar to sports: who has a good

day? Who's on that day?" said Craig Youdale, dean of the Canadian Food and Wine Institute and manager of Junior Culinary Team Canada.

In 2013, Niagara College won the chance to represent Canada. (The senior team is made up of professional chefs 25 and older from across the country.) Since then, these teammates have been putting in 50 hours every three weeks, on top of school and work, and will continue to do so until they reach Europe.

The team was chosen based on talent, experience and work ethic, but the key on competition day is managing time and stress, Youdale said. Part of training also involves friendly matches, such as the one held at Niagara College over the weekend. The nine-member Canadian under-25 team tempered chocolate, shelled mussels and scraped marrow from veal bones metres away from the Americans who had flown in for the weekend.

On Saturday, the college hosted the U.S. ambassador to Canada, Bruce Heyman, to a six-course dinner prepared by both North American teams. But on Friday, the two teams squared off in a competition before three judges who will also be in Germany.

The menu was similar to the one the Canadian team will present at the Olympics: venison tourtière, quail roulade, roast duck with pressed confit, terrines of mushroom and seafood.

Canada won. But the rivalry is an amicable one, at least for now.

"You're not going down to a fight like hockey," said U.S. team captain Kristyn Granahan on the eve of last week's competition. "You're still enemies, in a way, but friendly enemies."

At this year's Olympics, which is known officially as the Internationale Kochkunst Ausstellung Culinary Olympics, there will be 20 countries competing at the student/junior level (at the professional level there are 32 countries).

Each team will create a buffet and three-course menu for 60 guests. Only five team members will be allowed in the glassed-in kitchen. That means the coaches and support team are forced to press their noses to the fishbowl, sweating over every detail but unable to help. One former coach even said the experience was more stressful than waiting for his wife to give birth.

All this painstaking preparation and presentation is great, but Judson Simpson, team mentor and international culinary judge, said the risk is losing sight of what the judges most care about.

"They get so wrapped up in how pretty something looks, because the eyes feast first," said Simpson, whose day job is House of Commons chef. "Taste is very subjective, but people overlook the significance of it. Fifty per cent of the mark is the taste."

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NEW YEAR'S RESOLUTIONS

Broaden your palate by trying new wines outside your comfort zone

Peter Rockwell
For Metro Canada

If you're looking for a New Year's resolution to broaden your palate in 2016, promise yourself to try new grape varieties.

There's no better way to learn more about wine than drinking outside of your comfort zone and adding an un-

familiar berry to your liquid vocabulary.

Though some of you may think winter isn't the optimum season to experiment with white wine, I'm here to tell you that anytime is a good time to pour white.

I love the Viognier grape this time of year. With tropical aromatics and plump fruit flavours it's tasty on its own and makes a great companion with cold-weather cooking.

Originating in France's Rhône Valley, where it adds oomph to both white and red blends, it's now found a home just about everywhere in the wine world.

Cone Sur's 2015 Bicicleta Viognier (\$9.95-\$12.99) from Chile is a great entry level version with a plush, peach-meets-apricot aroma and surprising weight on the palate for a relatively inexpensive wine.

PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.



The fish that we just can't resist



Adding Goldfish crackers to Apple Brown Betty gives a delightful crunch to the buttery flour crumble topping. TORSTAR NEWS SERVICE

SNACK FOODS

A new spin on addictive Goldfish crackers

Despite the zeal toward eating local and whole foods, kids and adults are inhaling these addictively cheesy and salty fish crackers by the handful. Sales of Goldfish crackers alone totalled more than \$435 million in 2013, and 142 billion of the crackers are produced each year by Pepperidge Farms.

At Toronto's Junked Food Co., owners Brian McKilligan and Vince Farago created a menu incorporating snack food like putting taco fixings into a bag of Doritos, drizzling flatbreads with Jolly Rancher barbecue sauce, and breading chicken nuggets with crushed Goldfish crackers.

"If a bag of them are in front of me I'm going to eat them," says McKilligan.

"They're not the typical processed cheese snack. There's a spice to it and more flavour than a basic cheese cracker."

"There's also the taste, smells, and visuals that you remember when you first ate them as a kid," adds Farago. "You remember that when you eat them as an adult and it hits all those pleasure sensors."

Not that it's a new concept:

chefs have been tinkering with junk food for years and people lined up for deep-fried Oreos and Mars bars at county fairs. Now you're getting Pinterest and Instagram posts about hacking junk food by using them in recipes of varying success — it took several tries to make a recipe where Goldfish truly swim upstream — apple brown Betty with a fish cracker crust. The end result was worth it.

Apple Brown Betty with Goldfish Cracker Crust

Many recipes that incorporate snack food do it more as a novelty than improving the flavour or texture of the original dish. This take on a traditional Apple Brown Betty, however, gives a delightful cheesy crunch to the buttery flour crumble topping.

Ingredients

2 small baking apples, cored, and sliced into eighths, peeled if desired (try Honeycrisp or Pink Lady)

7.5 mL (1 1/2 tsp) ground cinnamon

5mL (1 tsp) lemon juice

5mL (1 tsp) brown sugar

5mL (1 tsp) hot water

For the crumble

30mL (2 Tbsp) all-purpose flour

15mL (1 Tbsp) brown sugar

30mL (2 Tbsp) unsalted butter, room temperature

125mL (1/2 cup) cheddar-flavoured Goldfish crackers, crushed

5mL (1 tsp) unsalted but-

ter, room temperature
Preheat oven or toaster oven to 350F.

Directions

1. In a bowl, toss the apple slices with the cinnamon and stack them in an oven-safe dish.
2. In another bowl, mix the lemon juice, 1 tsp of brown sugar, and hot water until the sugar dissolves. Pour the mixture over the apples. Set aside.
3. In another bowl, combine the flour, 1 Tbsp brown sugar, and 2 Tbsp of unsalted butter until it reaches a crumbly texture. Sprinkle it evenly on top of the apples.
4. Bake for 40 minutes.
5. Melt the remaining 1 tsp of butter and pour it over the crushed crackers, coating them evenly. Remove the dish from the oven and sprinkle the buttered crackers over the top.
6. Melt the remaining 1 tsp of butter and pour it over the crushed crackers, coating them evenly. Remove the dish from the oven and sprinkle the buttered crackers over the top.
7. Place back in oven and bake for another 20 minutes.
8. Remove from oven. Let rest for 5 minutes before serving. Serves 2.

TORSTAR NEWS SERVICE

ROSE REISMAN
THE SAVVY EATER
THIS WEEK: Instant soups

There's nothing better than a hot bowl of soup on a cold day, but one of these cups contains all the cals without any nutrients.

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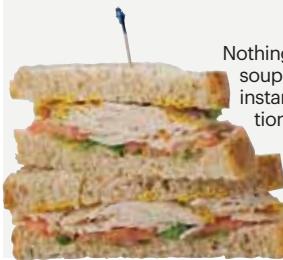
Mr. Noodles Beef

Portion 1
Calories 290
Fat 11g



HERE'S WHY

Equivalent to a Turkey Sandwich from Druxy's in calories (roasted turkey breast, mustard, lettuce, tomato)



Nothing is more comforting in the winter than a hot bowl of soup. While homemade is the tastiest and healthiest choice, instant varieties are handy if you're looking for a quick addition to your meal. While neither of these soups contain enough nutrients, at least Campbell's has real pieces of chicken and contains no artificial flavours or colours. Skip the Mr. Noodles — it has 4 times the calories and 7 times the fat, making it nothing more than ramen noodles with artificial beef flavouring.



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2016 Dodge Grand Caravan
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Starting from price for
2016 Jeep Cherokee Limited shown: \$34,540.[‡]

2016 JEEP CHEROKEE SPORT

\$27,198

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FINANCE
FOR

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WITH \$0 DOWN



Starting from price for
2016 Chrysler 200 C shown: \$30,140.[‡]

2016 CHRYSLER 200 LX

\$23,398

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Starting from price for
2016 Dodge Journey Crossroad shown: \$32,140.[‡]

2016 DODGE JOURNEY CANADA VALUE PACKAGE

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Your essential daily news

Derek Zoolander gives his best Blue Steel in new Fiat 500X commercial



Spreading cuteness to crossovers



THE CHECKLIST | 2016 FIAT 500X

THE BASICS

Type. Five-door, five-passenger, FWD or AWD, subcompact crossover
Power. 160-hp turbo 1.4-litre I4, 180-hp 2.4-litre I4
Transmission. six-speed manual, nine-speed automatic
Price. Base \$21,995 (plus destination)

COOL FEATURES

- AWD features regular, sport, and super traction modes, and also automatically disconnects rear axle, when AWD not needed.
- Big dual panel sunroof, lots of exterior colours.
- Full suite of safety systems available, including forward collision and blind sport warning, and rear cross path detection.



MAIN AND INTERIOR PHOTOS: MIKE GOETZ/FOR METRO; OTHERS HANDOUT

POINTS

- Cute yet rugged styling stands out in crowded crossover market.
- No cheap AWD versions; AWD only available on higher trim lines, and with 2.4-litre engine and automatic transmission.
- Achieved Top Safety Pick + status, highest safety rating awarded by the IIHS.

MARKET POSITION

- Designed and built in Italy, and marketed as such — it's the stylish and fun alternative with flair and personality.
- First Fiat to offer AWD; shares platform with Jeep Renegade.
- Fiat's entry in hot subcompact crossover segment; a segment that has great appeal to young couples and families, and empty nesters.

THE COMPETITION



Mini Countryman
Base price: \$29,950



Nissan Juke
Base price: \$20,698



Buick Encore
Base price: \$29,645

FOR A LIMITED TIME

Jeep marks 75th anniversary with special-edition vehicles

Necessity may be the mother of invention but even Willys-Overland, the original Jeep's builders, had no idea that they were creating a truly timeless automotive icon when they accepted a U.S. military challenge to design and build an all-terrain vehicle in just 60 days.

"Jeep vehicles have defined the authentic SUV and set the benchmark for off-road capability and freedom since they were first produced in 1941," said Mike Manley, Head of Jeep Brand FCA Global. "In honor of the brand's 75th anniversary, we have cre-

ated eye-catching, special-edition models of each vehicle in our lineup that celebrate the unparalleled history of the legendary Jeep brand."

To ensure the special editions stand out among their peers, they will be offered in a choice of three Jeep-model exclusive shades of Green (a small selection of other colours are available), plus contrasting orange accents.

The 75th Anniversary Wrangler and Wrangler Unlimited editions will be offered in Sarge Green with bronze coloured wheels and headlamp surrounds.



Jeep's birthday fleet was unveiled at the Detroit Auto Show. COURTESY JEEP

The models also get unique rock rails, and a body-coloured front grille, while inside the heated seats are trimmed in leather with mesh inserts.

Recon Green is the colour choice for the Cherokee and Grand Cherokee. But as well as a special paint finish, the Grand Cherokee turns up the style even further with a unique front fascia, grille and headlamps. The

paired with an automatic transmission or AWD, so if you want either of those pieces, you have to move up to the Sport trim (where the 2.4-litre is optional), or the Trekking and Lounge trims (where the 2.4-litre engine is standard).

Our tester was a Trekking with AWD (\$32,690) model, with several options, including the big 8.4-inch touchscreen with all the fancy audio stuff and navigation, and the really, cool and big "two-pane" powered sunroof, for a pre-tax, pre-destination charge tally of \$35,875, which actually represents pretty good value, considering the level of equipment.

Getting comfy and adjusted behind the wheel is a synch, thanks in part to Chrysler's intuitive touchscreen, and lots of nice, round switchgear, which is part of the "rounded" interior and exterior vibe of the Fiat 500 line.

On one particular long-haul drive, I found myself squirming a bit in the driver's seat, which seems less supportive than it could be. But overall the cabin's a great place to hang out. The 180-hp 2.4-litre engine is plenty strong and peppy, but the real technological treat is the nine-speed automatic transmission.

The excellent powertrain is let down, however, by the handling. Nothing dangerous, just a bit too much body motion over rough stuff and in the corners, and not too involving. If you like to zone out when you drive, this will not be a problem, but if you need to get your driving fix everyday, maybe look elsewhere.

Otherwise the 500X looks good, especially in the ... well, looks department.

look is completed by glossy black body accents. This means the orange accents move to the interior, adorning the seats as a contrast stitching colour instead.

The Renegade gets new grille surrounds, fog lamp bezels and roof rack in a bronze finish to go with its jungle green exterior finish, and inside there's a Beats Audio system. Finally, the Compass and the Patriot also gets new bronze exterior and interior detailing while a power sunroof, remote start and a leather-wrapped steering wheel are also standard equipment. AFP

Manufacturing cars, messages

DRIVING FORCE

Heading up PR for automaker is no small task

Jill McIntosh
For Metro Canada

Getting a new auto model to market is an extremely complicated and costly process.

Not only can it take years to design and engineer it, as well as get the assembly lines ready to build it, but the automaker also has to get the news out. It's a full-time job that can take an entire team to manage, and it's far more work than most people think.

"Our job is to get mainstream coverage of our vehicles to create awareness for the public," says Chuck Reimer, senior specialist of public relations for Mazda Canada. "It takes a special personality to handle everything that gets thrown at you and do it with a smile on your face."

While the public relations department isn't involved



PR specialist Chuck Reimer is the bridge between Mazda and media. JIL MCINTOSH/FOR METRO

in the car's initial creation, the staff members know about new products far in advance of the vehicle's official launch, which must be kept secret from the public and the press.

Most new models are usu-

ally first unveiled at auto shows, and then shortly afterwards, events are set up where auto writers and broadcasters drive and evaluate the vehicle for the first time.

Advertising campaigns are done by agencies, but the PR

department writes the press releases that go out to news agencies and journalists.

"You have to know how to write, and communication has to be a strong suit for you," Reimer says. "If you have spelling mistakes in it,

+ PR BASICS

- While requirements vary by company, many public relations specialists have degrees in business administration, journalism, or communications.

- In 1923, advertiser-turned-automaker Ned Jordan promoted his cars by focusing on lifestyle rather than the vehicle, marking the start of modern auto advertising.

there is always someone who will send you an email."

In the past, it was enough to get the information out to newspapers and magazines, but today, automakers also have to work with social media.

In addition to maintaining websites for consumers and media, including uploading all of the specifications and pricing for each model, automakers have to keep their Facebook, Twitter, Instagram and other channels updated. In some auto companies,

working with bloggers and social media is a full-time job in itself.

In addition to putting information out to the press, automakers frequently have to answer to it. Public relations usually supply the automaker's spokespeople when required, such as when recalls or other issues make the news.

Auto manufacturers maintain fleets of vehicles that are lent to the press for evaluation, and it's Reimer's job to handle almost all of them across the country.

This involves determining what trim levels and options should be ordered, maintaining the schedules of who's driving them, and being sure they're ready to go each week. Getting information out may sound like an easy job, but it's actually very involved.

"There are always ten things on the go, so you have to be very organized," he says. "It's a professional occupation, and you have to be professional and credible yourself. And every day is different."

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GM bets U.S. will buy Made in China

DETROIT AUTO SHOW

Vehicle may be a U.S. presidential campaign issue

General Motors is placing a big bet the American public is willing to drive a car built in China with the Buick Envision, unveiled earlier this week.

The largest U.S. automaker is certainly not trying to bring it to market quietly: Buick's latest sport utility vehicle was introduced at a lavish party on the eve of the Detroit Auto Show in the hopes of maximizing media coverage.

"We expect it to be a great success," said Molly Peck, U.S. marketing director for Buick.

"It offers all the features and amenities of a luxury UV. It's high quality, quiet, filled with

advance safety technology. The design is gorgeous. The interior execution is outstanding. And it's all at a price point that offers a great value."

GM's decision to import the Envision from China — a first for a major automaker — has sparked outrage and is expected to become an issue in the 2016 presidential campaign.

The United Auto Workers union, which had lobbied

to build the Envision in the United States, called the decision to import it from China a "slap in the face" to taxpayers who bailed GM out of bankruptcy in the wake of the financial 2008 crisis.

Republican frontrunner Donald Trump has not yet seized on the issue, but given that he regularly rails against China for stealing American jobs analysts say it's only a matter of time. AFP



"This is a major event that opens a new era," says Harley Shaiken, an automotive labour issues expert. AFP

LONDON TAXI COMPANY

Black Cabs go electric

With a major investment from its China-based owner, Geely, the London Taxi Company will convert all its iconic Black Cabs to extended-range hybrid-electric vehicles.

The next-generation TX5 model's powertrain was chosen to allow zero-emission operation without causing the dreaded "range anxiety" associated with electrics. Under the familiar looking skin, the taxi has been almost completely redesigned,

with an aluminum body structure with composite panels, and rear-opening doors for easier access. Other passenger-friendly features include a panoramic glass roof and onboard wi-fi. Geely, also known for its hydrogen fuel cell-powered transit buses, invested US \$77.2 million in a new plant in England that will also serve as Geely's U.K. research and development centre.

WHEELBASE MEDIA



Black Cabs to extended-range hybrid-electric vehicles.

COURTESY WHEELBASE MEDIA

IN BRIEF

Aston Martins displayed at Harrods in London

Three Aston Martin cars will take over the Harrods storefront window in London as part of a month-long celebration of the British-made automobile.

Aston Martins have been synonymous with James Bond films for the last 50 years. The DB10 being shown at Harrods was built specifically for the latest Bond film Spectre. Also on display is the new Austin Martin model DB9 GT. Arguably the most famous of Aston Martins, the DB5, can be seen at the luxury department store in the Knightsbridge area, as well. This model was



Storefront at Harrods.

released in 1963 and set a standard for Aston Martins to follow with its improvement in performance.

Aston Martin specialists will be on site throughout an accompanying exhibition to provide visitors with insight into the cars and their product range. The window display and the exhibition will run until January 28. AFP

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Beware 'trifecta of doom': Lutz

OP/ED

Bob Lutz schools Tesla

Is auto legend Bob Lutz angling for a job with Tesla? The company shows all the signs of being in trouble, Lutz wrote in an editorial, and he knows how to fix it. In a "trifecta of doom," Tesla's cars are high-dollar/low volume, cheap gasoline abounds and its battery tech is nothing special. Add to that a distribution problem exacerbated by Tesla's "money pit" company-store model.



TEXT AND IMAGES BY WHEELBASE MEDIA

FIAT CHRYSLER

New fleet mostly hybrid

The company's fleet will be largely hybrid-powered within a decade, says company CEO Sergio Marchionne. A hybrid version of the Chrysler Town & Country minivan will kick off the proliferation.



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THE GREEN ANGLE

Metro's weekly picks for the latest in environmental news

AIR CONDITIONING CO₂ refrigerant next Mercedes innovation

Mercedes-Benz says it will be the first automaker to equip its vehicles with carbon-dioxide air conditioning systems that it says will exceed the European Union's climate protection requirements. From 2017, and starting in Europe, the German luxury and performance automaker will offer the S- and E-Class models as the first production passenger cars equipped with CO₂ air conditioning systems.



KERS

Racing tech finds home in big rigs

A form of technology developed in Formula One racing could help big-rig transport trucks get better fuel economy. Kinetic Energy Recovery Systems (KERS) capture an F1car's energy of motion to provide power to boost the output of their internal combustion engines. French company Adgero designed the first KERS units for heavy-duty trucks that take advantage of their weight to harvest energy under braking, says alternative-vehicle Web mag, Green Car Reports.

IN BRIEF

- In the wake of its diesel engine scandal, Volkswagen will offer staff amnesty from dismissal if they reveal to investigators what they know about the rigging of diesel emission tests. "Highly-paid managers" are exempt from the offer.

- Unveiled at the recent Tokyo Motor Show, Honda's next-generation Clarity fuel-cell four-door sedan is the first of its kind to house the entire fuel-cell stack and drive-train system in the space normally occupied by a conventional engine and transmission.

metro SPORTS

'I think I'll live': Bill Belichick has a black eye and neither his players nor reporters could get the Patriots coach to reveal how he got it

IN BRIEF

NFL approves Rams to L.A., Chargers option to join

The Rams are moving back to Los Angeles, maybe with company.

The San Diego Chargers and Oakland Raiders might end up staying put, although the leadership of both teams didn't come close to making that commitment Tuesday night. Or one of them could be headed to L.A., too.

A long day of votes and re-votes ended with 30 of 32 NFL owners approving Rams owner Stan Kroenke's ambitious plan to move his team from St. Louis to the site of the old Hollywood Park race-track about 10 miles from downtown LA.

THE ASSOCIATED PRESS

Stamps re-sign Jorden, cut Harrison and Brown

The Calgary Stampeders re-signed receiver Kamar Jorden on Tuesday while releasing offensive lineman Edwin Harrison and kick-returner/running back Tim Brown.

Jorden has spent the last two seasons with Calgary, appearing in three games. The six-foot-three, 205-pound receiver has three catches for 13 yards.

"Over his time here, Kamar has continued to work hard while patiently waiting for his chance to play," Calgary GM John Hufnagel said in a statement. "He's a big receiver with a lot of potential."

THE CANADIAN PRESS

Veterans showing plenty of life in Panthers' ascent

NHL

Jagr, Luongo have meshed well with young core

Roberto Luongo was 11 when Jaromir Jagr entered the NHL.

Asked what he recalled about the flashy forward back then, the Florida Panthers' 36-year-old goalie responded with a smile: "The mullet."

Luongo is among a handful of Panthers who remember, or were even alive, when Jagr played his first game back in 1990.

"He's a freak of nature," Luongo said of his 43-year-old teammate. "I've never seen anybody like that before. Incredible the things he's doing at his age, the work ethic he has."

Perhaps equally incredible is how Luongo, Jagr and a few other veterans have meshed with the Panthers' talented and youthful core to turn heads and be one of the NHL's biggest surprises through the first half of the season.

Florida (26-12-5) won a franchise-record 12 straight games



The Panthers roster is a mix of young and old, including Jonathan Huberdeau, left, 22, Jaromir Jagr, 43, Jussi Jokinen, 32, and Aaron Ekblad, 19. JOEL AUERBACH/THE ASSOCIATED PRESS

before Monday's 3-2 overtime loss in Vancouver, a stretch that rocketed the club up the standings to first place in the Atlantic Division and second in the Eastern Conference.

"Everybody's really bought into what we're trying to do as a team," Luongo said prior to the game against the Canucks. "Young guys have really come into their own, the older guys on the team have stepped up and played big roles for us."

Panthers head coach Gerard Gallant points to the leadership Luongo, Jagr, Willie Mitchell (38), Shawn Thornton (38) and Brian Campbell (36) have provided to a

group that has 11 players under the age of 25, including Aaron Ekblad (19), Aleksander Barkov (20) and Jonathan Huberdeau (22).

"They're huge for our young guys," said Gallant. "They're showing them the way, they're playing hard and they can all still contribute to our team and play well. That's the most important thing."

Jagr has 15 goals and 17 assists this season, while Luongo saw

a personal nine-game winning streak snapped in the loss to Vancouver after allowing two goals or fewer in six straight starts.

"Everybody's playing well so it's easier for me to do my job and contribute," said Luongo. "Guys go down, other guys step up. Whether that's a young call-up or guys that have been out of the lineup, chemistry in the locker-room is really great."

THE CANADIAN PRESS

There's a lot of buzz. That's what it takes to bring people to the building down there.

Roberto Luongo on the spike in attendance at Panthers home games

TODAY'S HOROSCOPE:

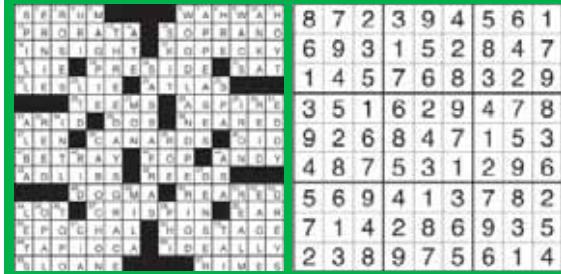
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FOOTBALL IN BRIEF

New Riders receiver Price to extend stay in Regina

The Saskatchewan Roughriders signed receiver Maurice Price to a contract extension on Tuesday.

The Riders acquired Price and a 2016 sixth-round pick from the Ottawa Redblacks on Monday for 2016 sixth- and seventh-round draft selections. THE CANADIAN PRESS

Alouettes sign up big Canuck OL Piotrowski

The Montreal Alouettes signed Canadian offensive lineman Jake Piotrowski to a two-year contract Tuesday.

The six-foot-four, 293-pound Piotrowski appeared in all 18 regular-season games last year with Montreal, making a start. THE CANADIAN PRESS

Steelers holding out hope

Pittsburgh Steelers coach Mike Tomlin said Tuesday that Ben Roethlisberger has "a chance" of playing against the Denver Broncos this weekend after injuring

his right shoulder in last Saturday's win over Cincinnati.

Receiver Antonio Brown remains in concussion protocol and running back DeAngelo Williams is a long shot to return from a right foot injury.

THE ASSOCIATED PRESS

Cards lose key D-men

The Arizona Cardinals have lost two defensive starters — outside linebacker Alex Okafor and defensive tackle Cory Redding — for the playoffs.

Okafor is on the non-football injury list with a toe injury and Redding is on injured reserve with an ankle sprain.

THE ASSOCIATED PRESS

New tech for Super Bowl

CBS Sports will unveil new technology for the broadcast of Super Bowl 50.

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Oh, what a rush

NFL

High-tempo offence key to Packers' plan

At their best against Washington, the Green Bay Packers snapped back to the line of scrimmage quickly after a successful play, ready for the next snap.

Up tempo play confounded the Redskins' defence in Green Bay's 35-18 win in the wild-card round, a confidence boost for the Packers ahead of a matchup against Arizona's tough defence on Saturday night in an NFC divisional playoff game.

"We like to move the ball fast," receiver James Jones said after the win over Washington. "When we get a good tempo going, we're hard to stop."

That has typically been the case with coach Mike McCarthy calling the plays and quarterback Aaron Rodgers taking snaps under centre.

But with deep threat Jordy Nelson out all season with a knee injury, and the running game chugging along in fits and starts, the once-potent Packers offence has struggled to produce points.

They've had spurts of success playing catch-up, such as rallying for two touchdowns in the final 7:54 of a 37-29 loss to Carolina.

Late rallies at home against Detroit, Chicago and Minnesota



Aaron Rodgers and the Packers had the Redskins' defence off balance last Sunday. GETTY IMAGES

fell short of victory. The 27-23 win over the Lions on the road on Dec. 3 ended with perhaps the Packers' signature play this season — the 61-yard touchdown catch by Richard Rodgers as time expired on a desperation pass from Aaron Rodgers.

Last week against Washington, the Packers were back to

scoring points in bunches after a sluggish first quarter.

They moved the ball effectively in no-huddle and shotgun formations. Rodgers caught the Redskins secondary at least a couple of times on free plays,

including a 12-yard score to Randall Cobb in the second quarter.

"It's part of being a no-huddle offence, it's important to us," McCarthy said on Tuesday.

"That's the way we prefer to play, and we're all about getting as many attempts at the plate as possible."

It all starts with the offensive line, whose top priority is to protect Rodgers. When the offence is in sync, Rodgers doesn't need much time to find his receivers.

And when he's feeling good, the Packers are hard to stop.

"Your best players, particularly your best player has to practice hard every day. He has outstanding energy," McCarthy said. THE ASSOCIATED PRESS

This is the way I learned it, the traditional West Coast offence built around making the quarterback successful.

Packers coach Mike McCarthy

MLB

Dodgers announce hiring of ex-Jays GM

Former Toronto Blue Jays general manager Alex Anthopoulos is back working in baseball again.

The 38-year-old Montreal native will serve as the Los Angeles Dodgers' vice-president of baseball operations. The National League West division champions announced the move Tuesday on their official Twitter feed.

The hiring reunites Anthopoulos with Ismael Cruz, who served as his former special assistant and director of Latin American operations before joining

the Dodgers last November. Anthopoulos will also be working with Dodgers general manager Farhan Zaidi, a native of Sudbury, Ont.

Anthopoulos will assist in all aspects of baseball operations, the Dodgers said in a release.

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PREMIER LEAGUE

Man United plays to thrilling draw



Wayne Rooney converts a penalty on Tuesday.

IAN MACNICAL/GETTY IMAGES

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RECIPE Light and Simple Faux Pho

PHOTO: MAYA VISNY

Ceri Marsh & Laura Keogh
For Metro Canada

Far from authentic, this light and bright soup is an easy version of the intoxicating, traditional Vietnamese soup.

Ready in
Prep time: 30 minutes
Serves 4

Ingredients

- 1 Tbsp vegetable oil
- 2 garlic cloves, minced
- 1 tsp fresh ginger, minced
- 6 oz rice vermicelli (half of most packages)
- 3 1/2 cups chicken stock
- 1 cup water
- 14 oz can of coconut milk
- 3/4 lb of chicken breast, thinly sliced
- 6 Tbsp fresh lime juice
- 3 Tbsp fish sauce

- 2 tsp sugar
- Handful of cilantro
- Handful of bean sprouts
- 1 cup julienned carrots
- 1 cup julienned red pepper

Directions

1. In a large pot, warm up your vegetable oil and sauté the garlic and ginger until they're translucent and fragrant. Add the stock, coconut milk and water and bring to a simmer. Add the chicken and cook for 20 minutes.
2. While that's happening, soak your noodles in luke-warm water in a large bowl. Once the chicken has been cooking for 20 minutes, add the noodles and stir. Add the lime, fish sauce and sugar. Taste to check seasoning.
3. Serve in large bowls and top with fresh carrots, sprouts, peppers and cilantro.

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*** IT'S ALL IN THE STARS** by Sally Brompton**Aries** March 21 - April 20

Play by the rules and don't cut corners. There's a lot at stake and while it may seem as if no one is watching they almost certainly are. Act as if the eyes of the world are upon you.

Taurus April 21 - May 21

Throw caution to the wind and do whatever it takes to make your mark. Aim to be first in everything you do and before the day is over your name will be up in lights. Don't pretend you don't want that — because you do!

Gemini May 22 - June 21

Any promises you made in recent weeks will have to be made good today and tomorrow. If you can't deliver on them then you may have to pay compensation.

Cancer June 22 - July 23

You don't have the last say. What can you do about it? Not a lot but it's no big deal. The cosmic wheel will turn again and one day soon you'll be calling the shots.

Leo July 24 - Aug. 23

Keep your plans simple because it will be all too easy to get into a muddle and lose track of what you are supposed to be doing. Cosmic activity in the work area of your chart means you need to stay flexible.

Virgo Aug. 24 - Sept. 23

You'll find yourself in a position of power but don't let it get to your head. If you're too domineering you could spark a feud that lingers for weeks, months, maybe even years.

Libra Sept. 24 - Oct. 23

If you need to make changes on the home front then do it now. If you don't take control someone else will, so start guiding events, and people, in the direction you want them to go.

Scorpio Oct. 24 - Nov. 22

You will think and act fast today and it may be frustrating when you have to slow down because others are dragging their feet. Look for intelligent ways to get ahead of the pack.

Sagittarius Nov. 23 - Dec. 21

Success needs to be worked at continuously. What happens today will make sure you don't forget that point. What you achieved in the past no longer matters — you are only as good as your next big win.

Capricorn Dec. 22 - Jan. 20

You'll find a way to get what you want. You can sense that the cosmic omens are on your side you won't allow anyone to stand in your way.

Aquarius Jan. 21 - Feb. 19

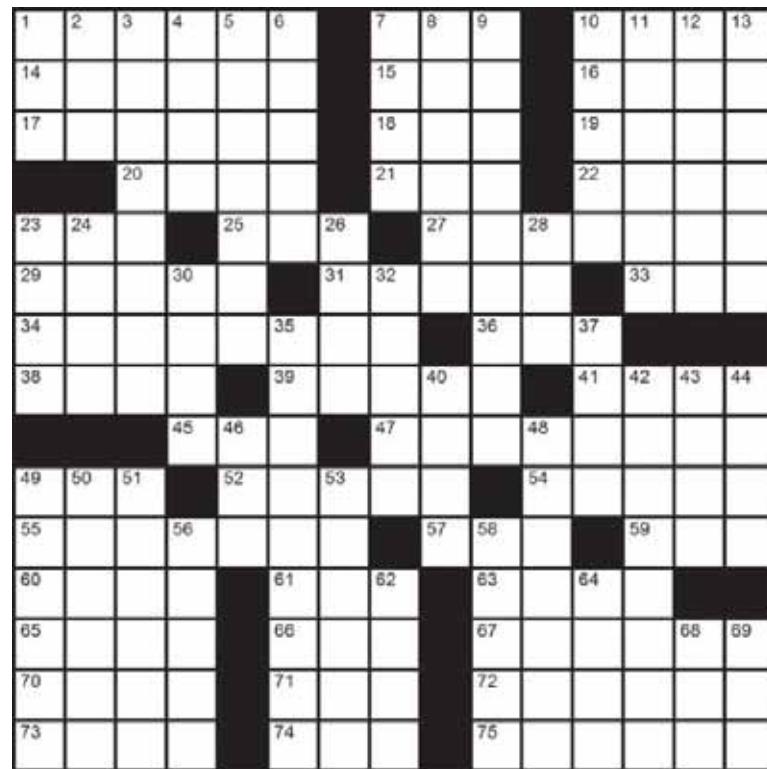
You seem to have a lot of negative feelings and you need to do something about them. Find a way to be alone with your thoughts today so you can get your head back in shape.

Pisces Feb. 20 - March 20

Today you'll come into contact with someone who has amazing ideas and can inspire you to achieve great things. They may not look remarkable at first sight though, so keep your eyes and ears open. Genius comes in all shapes and sizes.

CROSSWORD Canada Across and Down BY KELLY ANN BUCHANAN**ACROSS**

- 1. Make a raised design, as on stationery
- 7. Ball shape
- 10. Montreal 'souls'
- 14. Informant
- 15. 'Ballad' suffix
- 16. Immense
- 17. Islands, in The Caribbean
- 18. 'Impress' suffix
- 19. Particular preposition
- 20. Business contact nos.
- 21. Ben-Hur author Mr. Wallace
- 22. Cracked a bit
- 23. Mount _ (Volcano in Japan)
- 25. Energy
- 27. Get back together
- 29. _ of judgment
- 31. Defect
- 33. Mr. Danson of "Cheers"
- 34. Arctic sky-to-snow aircraft
- 36. ' ' in Iberville
- 38. " ! ..." (American anthem opener)
- 39. Combine, corporate-ly
- 41. Rhyming scheme
- 45. Be in need of Kleenex
- 47. One taking city transit: 2 wds.
- 49. 'Passion' suffix
- 52. Gold medal position
- 54. Taco kit brand, with Paso: 2 wds.
- 55. Kitchen set
- 57. Prefix to 'metrical'
- 59. Company's stock mkt. debut
- 60. Ms. Ryan's
- 61. Global currency org.
- 63. West's opposite direction
- 65. Goo Goo Dolls hit
- 66. Boat's one-of-two
- 67. Sprinkle with holy oil
- 70. Ms. Russo
- 71. Mini-looking guitar
- 72. One cracking a code
- 73. Shangri-la
- 74. Picture
- 75. Canadian-born reality star Shannon,

**and surnamesakes****DOWN**

- 1. Techie bail-out key
- 2. Bygone bird
- 3. Canadian daily deals website co-founded by #48-Down
- 4. "Him __ - What's It Gonna Be?": Tune
- 5. Ready-to-start-slicing surgeon's request
- 6. Feel
- 7. Eye: French
- 8. Paul _ & The Raiders
- 9. Minhas _ and Distillery (Co-founded/co-owned by

- #11-Down)
- 10. Like a Canada Goose, for example
- 11. As per #9-Down... Ms. Minhas, Dragon on CBC's "Dragons' Den"
- 12. CBC's "The Fifth _"
- 13. Stashed
- 23. To boot
- 24. _ Fifth Avenue (Posh store)
- 26. Window what?
- 28. Ms. Hagen of Broadway
- 30. Belonging to an undercover agent
- 32. Words of action
- 35. Aspirational
- 37. Go boating
- 40. Grit
- 42. Food's extra ingredient
- 43. Traffic jam sound!
- 44. _ and Janis (Comic strip)
- 46. Commonly, in poetry
- 48. As per #3-Down... Dragon on CBC's "Dragons' Den", Michele _
- 49. Look up to
- 50. Like a wedding cake
- 51. Car part
- 53. Create a newer version
- 56. German industrial city
- 58. Bread-making ingredient
- 62. Discharge
- 64. Fish variety
- 68. Mr. Beatty
- 69. Actor Mr. Knight, et al.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

		6	4	5		
7	9				5	4
2	5	3				
3			6			
1	9	7	3			
4	6			3	2	1
3	2	1				

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- Concerned about recent changes in your **thoughts, behavior or experiences?** OR
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This study has been approved by the Conjoint Health Research Ethics board Ethics ID: REB14-1710



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